



Manchester Essex Regional High School

Upcoming Dates

2/12	The Standardized Testing Landscape 6:30 pm (see information below)
2/15	End of School Day – Start of February Vacation
3/6	Anti Defamation League <i>A World of Difference</i> Parent Presentation (6:30)
3/7	Guidance Program – Grade 10 Halfway Through High School –Parent Program Guidance will send complete details about this program in coming weeks
3/8	Green Team Event – <i>Wasted</i> - the movie (See flier attached)
3/13	Student Athlete/Parent Meeting – Spring Sports
3/14	Evening of Jazz



NHS collected and donated 484 books to Pathways in Gloucester. President Kriza Baldow is pictured with the books.

Swim team: Second Annual Zero-Waste Event

On Friday, February 1, the Manchester-Essex Regional High School Swim Team gathered for our annual team dinner. We were coming off a season during which both boys and girls went 6-1-0. Thanks to Mr. and Mrs. Athanas, we met at the Masonic Lodge to enjoy pasta and other delicious dishes from Petrillios. For the dinner, the team used compostable plates from Preserve and cutlery from Sustainable Earth, as well as reusable plastic cups from Preserve. Drinks were brought in large, reusable containers so we even avoided recycling any bottles. At the end, the only item that went into the trash were some small chocolate wrappers (we couldn't resist!). Thanks to our coach, Caitlin Donoghue, the team and all the parents for helping make this another terrific season. Some of us are off to Sectionals on February 9&10 and others will attend States the following week. After that we're looking forward to a well-deserved break. Submitted by: Elizabeth Athanas ('20)

Support ME/Rockport Hockey

Rockport Vikings Hockey have their last home game this Saturday night at the Talbot Rink in Gloucester at 4pm. Manchester/Essex players on the team include Captain Anthony Curcuro, William Pollock, Henry Conway, Kyle Khani, Hayden Brady and Colby Doyon.

The last 2 games are away games but close by at the Essex Tech next Wednesday and at Pingree's rink against Hamilton Wenham the following Saturday

Spring Sports Registration Now Open

Please go to FamilyID.com to register for spring sports. Registration will close on March 8, 2019 at 5PM in order to process all registrations and the associated paperwork. **There will be a \$40 late fee assessed if registration/payment is not received by 5PM on March 8th. Late registration impacts proper preparation for the season.**

"The Standardized Testing Landscape for Sophomores and Juniors"

On Tuesday, February 12 at 6:30pm the Summit Educational Group will present a comprehensive overview of the current standardized testing options for college-bound students.

Week of Gratitude

The MERHS Peer Mentors are coordinating a "Week of Gratitude" February 11-15 to encourage everyone to pause, reflect, and show thanks to one or more individuals who have made a difference. If you would like to donate a package of "Thank You" cards or blank note cards, please drop them off at the main office or Guidance office. There is scientific evidence that expressing gratitude helps reduce stress and promotes a healthy attitude!